

**Rochester Recreation Center
American Red Cross
Water Safety Instructor Course
January/February/March 2015**

The Rochester Recreation Center is holding a Water Safety Instructor (WSI) course. Students who successfully complete the course will be able to teach American Red Cross swimming lessons. Please review the following details if you are interested in becoming a WSI.

PREREQUISITES:

- 16 years of age by the end of the course. Proof of your age (such as a valid driver's license) is required on the first day of class.
- Successful completion of the pre-course swimming skills test.

Pre-course skills test: You must demonstrate swimming skills consistent with the stroke performance chart (WSI manual Appendix B) for Level 4:

1. Front Crawl 25 yards
2. Back Crawl 25 yards
3. Breast Stroke 25 Yards
4. Elementary Backstroke 25 yards
5. Sidestroke 25 yards
6. Butterfly 15 yards
7. Maintain position on back for one minute in deep water (float or scull)
8. Tread water for one minute

CLASS FEE - \$225.00. This fee includes the American Red Cross instructor manual. Register on-line at www.rochestermn.gov , stop in at the Recreation Center office (21 Elton Hills Drive NW) and register or register by calling 507-328-2500. Visa, Discover and MasterCard are accepted. Class size is limited.

CERTIFICATION REQUIREMENTS: You will have reading and written assignments each day of the class. Candidates must successfully complete four practice teaching assignments and score at least 80% on a 50 question written exam.

DATES, TIMES, AND LOCATIONS:

ATTENDANCE AT ALL CLASS SESSIONS IS MANDATORY

Pool and Classroom Sessions – (all classroom sessions meet in Activity Room #3)

**Saturday, January 31st - 8:30 a.m.-4:00 p.m.; Tuesday, February 3rd - 6:30 p.m.-9:30 p.m.;
Saturday, February 7th - 8:30 a.m.-3:00 p.m.; Tuesday, February 10th - 6:30 p.m.-9:30 p.m.;
Tuesday, February 24th - 6:30 p.m.-9:30 p.m.; Tuesday, March 3rd - 6:30 p.m.-9:30 p.m.;
Tuesday, March 10th - 6:30 p.m.-9:30 p.m. and Saturday, March 14th - 8:30 a.m.-12:30 p.m.**